

# Weekly e-UU Newsletter - Friday, January 19, 2024

We acknowledge that our campus is located on traditional, unsundered and unceded Algonquin Anishinaabeg Territory; and that the work of [reconciliation is a responsibility of our congregation](#), and of all Canadians.

**Sunday, January 21, 2024**

**Online AND In Person**

***Starts at 10:30am***



## **What Does Unitarian Universalism Teach About Money?**

**With guest speaker Liz James**

From Buddhist vows of poverty to bible stories about the widows' offering, religion has much to say about money. Unitarian Universalism tends to shy away from sweeping guidelines, and is more likely to offer us tools than instructions.

What tools does UUism offer us for how to think about the role money plays in our lives?

Reverend Liz James believes in a UUism that is filled with meaning and joy, and that sees change as an adventure. Liz is the founder of a 200,000-person online UU community, [the Unitarian Universalist Hysterical Society](#) (where ALL the proceeds of her fun products go to [Flaming Chalice International](#)); half of [The Cracked Cup podcast](#); and is working on a book with Skinner House Press.

*Join us after the service for Coffee Hour in Fellowship Hall*

~\*~

### **Sunday Service Announcements**

If you would like an announcement made during the livestreamed Sunday Service, please email the Board of Directors at [bod@firstunitarianottawa.ca](mailto:bod@firstunitarianottawa.ca) by Friday at 10am.

Do allow for time in case there are questions with regard to the announcement. Also note that announcements may need to be edited for length and that time-sensitive announcements may be prioritized.



## **Children's Religious Exploration**

This week, we'll start upstairs, then **all of us** will gather in the Chalice room (Room 2) after the time for all ages because RE we will be having a **special guest!** Reverend Eric will be coming down to spend some time with the children and share the story "I love you Sun I love you Moon". We will then do a group art project based on the story. As **we will be painting**, remember to dress appropriately, or bring an old t-shirt as a paint smock.

## **Caring Contacts for January**

[Maureen Sly](#) - 613-728-7610

[David Hudson](#) - 613-402-5744

*We are all interconnected, interdependent and minister to each other in many ways. Our monthly Caring Contacts take your phone calls and emails when you wish to alert us to a need or a concern or have a joy to celebrate. We try to ensure no one is forgotten and that appropriate help is provided when requested.*

## UU Connections Chair(s) Wanted

The UU Connections Team connects our congregation and its people to other UUs and their activities in Canada and around the world, especially through the Canadian Unitarian Council (CUC). The Team is always open to new participants, but is in particular need of a new Chairperson or two Co-Chairs. A Role Description for the Chair and Terms of Reference for the Team are available for reference. If you are interested and/or would like more information, please [email Maury](#).

Please visit our Volunteer With Us page for details: <https://www.firstunitarianottawa.ca/volunteer-with-us.html>  
Chuck Shields, Volunteer Coordinator - [volunteers@firstunitarianottawa.ca](mailto:volunteers@firstunitarianottawa.ca)

## Read All About It



### Renovating Your Kitchen?

FirstU needs a new fridge in Fellowship Hall! If you or anyone you know is getting rid of a relatively new, in very good working order fridge, we'd love to have it! [Email Jen at omr@firstunitarianottawa.ca](mailto:Email Jen at omr@firstunitarianottawa.ca) to arrange pick up.



### Women's Pagan Circle is starting up again!

The old Women's Spirituality Group is starting up again – but with a new name: Women's Pagan Circle! We plan to meet every 6 weeks to celebrate the Sabbats and cross-quarter days. Our first circle is on Wednesday, January 31, in room 6. Gathering time: 7pm; Start time: 7:30. We will celebrate Imbolc/ Candlemas – the halfway point between winter solstice and spring equinox. A group for trans women, cis women, and non-binary folks. [For information, email Laurie](#).



### Environmental Action Group

The New Year is here! We have some [new "Good News" items to share with you](#), and remember: [Our waste avoidance efforts are ongoing](#). Boxes to collect flexible coffee bags for TerraCycle recycling and capped and clean pill bottles for reuse by disaster relief organizations are in the hall in front of the office. Thanks to the Office Staff for the classy new collection boxes!



### FirstU Online Auction – Donations Intake

FirstU will be having a limited online auction in Spring 2024. Now is the time to downsize ( and receive a charitable donation receipt at the same time!) and donate your:

- high end items (items expected to go for over \$250)
- gold items , silver items , precious stone jewellery
- art objects signed by known artists
- objects with appraisals

Please [email auction@firstunitarianottawa.ca](mailto:email auction@firstunitarianottawa.ca) with photo(s) and description of items you wish to donate. Intake ends in early February.

## Upcoming Events

### Poetry Sharing Group

Friday, January 19 - 1:30pm on Zoom

We welcome poetry lovers to join us in celebrating the power of imagination and expression found in poetry. [Email Clea D](#) with any questions and to get the zoom link.



### yUUth Group

Friday, January 19 - 6:30pm

Youth ages 11 to 17 are invited to join us on Friday, January 19, for yUUth Group. We'll be playing an escape room board game and making pizza together.



### FirstU In Person Bridge

Sunday, January 21 - 2:00pm in Room 3

Join us in room #3, on the third Sunday of every month, from 2:00pm to 4:00pm, for a fun game of bridge. [RSVP by emailing bridgehost@firstunitarianottawa.ca](#) so we can set up before you arrive. We're looking forward to seeing you!



### Meditation Group

Wednesday, January 24 - 7:00pm on Zoom

Join us on Wednesday evenings for online meditation plus readings from teachers like Thich Nhat Hanh.

[Click HERE to join the meditation session](#)

Meeting ID: 880 7343 6250 Passcode: 259109



### FirstU Virtual Discussion Circle

Thursday, January 25 - 1:30pm on Zoom

Discussion circles are held weekly, with a different topic each week. No pre-registration is required, just drop in by clicking on the link. We look forward to seeing you! This week, our topic is "Truth".

[ZOOM LINK](#) Meeting ID: 847 7145 7780 Password: 350030



### Friday Reading For Growth

Friday, January 26 - 1:30pm on Zoom

Join us for our first Friday Reading for Growth discussion of 2024! This month, we're reading *Regenesi: Feeding The World Without Devouring The Planet*, by George Monbiot. Deeply researched, this book is a passionate alert that our food production and distribution methods are destroying our planet's ecosystem and outlines hopeful new technologies. Want to join us? To get the zoom link, [contact Clea Derwent](#).



### Women's Imbolc / Candlemas Celebration

Wednesday, January 31 - 7:00pm in Room 6

Join FirstU's Women's Spirituality group to celebrate Imbolc / Candlemas – the halfway point between winter solstice and spring equinox. Trans women, cis women, and non-binary folks are welcome and encouraged to attend. [Please email Laurie if you have questions.](#)



Visit our calendar for more upcoming events: <https://www.firstunitarianottawa.ca/calendar.html>

## Save the Date

### FirstU Online Bridge

Friday, February 2 - 7:00pm on Zoom

Join us online for a fun game of bridge, using Zoom and Bridge Base Online, on the first Friday of every month. Email [bridgehost@firstunitarianottawa.ca](mailto:bridgehost@firstunitarianottawa.ca) to RSVP and get the links and ensure your spot.



### Cultivating Compassionate Community: Brainstorming

Sunday February 4 - 12:30pm

Sharing ideas about our new social justice priority, "Cultivating Compassionate Community" inside and outside FirstU.



### Evening Reading for Growth

Thursday, February 8 - 7:00pm on Zoom

For our February discussion, we'll be reading *Saving Us: A Climate Scientist's Case for Hope and Healing in a Divided World*, by Katherine Hayhoe. Please feel free to join us! Please feel free to join us!

[ZOOM LINK](#) Meeting ID: 890 6025 2628 Password: 845374



### The History of Protest Music Workshop

Sunday, Feb 11 - 1:00pm in Worship Hall

Presented by the Adult Learning and Growth Group

Join us for a workshop on the History of Protest Music, with main focus on 20th century social movements. The event will be led by Maurice Cabana-Proulx from UUFO, and will feature performances by members of FirstU and the Fellowship. It will include traditional songs, as well as pieces from Pete Seeger, Joan Baez, Buffy Ste-Marie and many others. In keeping with the spirit of social movements, participants will be invited to sing along with some of the songs. **A light lunch will be provided for those who pre-register.** Please [Email Mary Ella](#), or phone her at 613-413-8663, for more information **or to register.**



### Trivia Quiz Night

Monday, February 12 - 7:00pm on Zoom

Join us for our Trivia Quiz! Questions are diverse, fun, and taken from several sources, and there is no need to feel embarrassed about getting an incorrect answer: players score themselves! All you need is a pen or pencil, paper and your "thinking cap".

Play alone or team up with a partner or two! For more information, [email Andrew](#).

[ZOOM LINK](#) Meeting ID: 826 7932 3410 Passcode: 101004



## Unitarian Universalist nUUs

### UUJA Mussar Study Group

Third Sunday of Every Month - On Zoom

Open to any UU who wishes to learn about this ancient Jewish discipline for personal development. Lessons are free, online, occur on the third Sunday of each month for the next year, & begin Sun Jan 21. (Anyone with lived experience of a 12-step group may find it particularly interesting, but it has broader relevance too). [Register for the zoom like HERE](#). Or [click HERE](#) for course reading list.



### UU Midwinter Retreat – Last Chance to Register.

February 2-4, 2024 at the YMCA Cedar Glen Outdoor Centre

All UUs are invited to join us for a weekend of games, workshops, and worship, along with a cabaret and a chocolate communion. Keynote Speaker Linda Thompson will speak on "Such a Time as This" and together we'll ask questions about how we rebuild and strengthen our community. **Registration is due by January 22.** [Click HERE for all the details.](#)



## News From Our Friends

### Canadian Unitarians for Social Justice present

A Sexual Orientation and Gender Inclusion Webinar

Saturday, January 27 - 1:00pm on Zoom

Vancouver primary school teacher and Unitarian Universalist, Liam Patterson-Morris invites you to a webinar that makes Sexual Orientation and Gender Inclusion (SOGI) as easy as 1, 2, 3. [Click HERE for details and registration!](#)



### Ecumenical Christian Meditation Meeting

Saturdays @ 9:45am - Our Lady of Fatima Church (153 Woodroffe Ave)

You are invited to join our ecumenical meditation group for an hour on contemplative prayer following the tradition rediscovered by John Main, OSB. Meet in the Lower Room of the church (accessible via the glass enclosed, ramp-accessible entrance facing Woodroffe Avenue).



Get the eUU in your inbox: <https://www.firstunitarianottawa.ca/communications.html>